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Grab your spoon, get set...

Officials eye arson in blaze

Damage pegged at $4M

TRACEY TONG
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Fire investigators are suspecting arson in a fire that caused $4 million in damages to a downtown building early yesterday.

At about 2:15 a.m., firefighters and police arrived at 275 Bank St. to see flames in the windows of the four-storey commercial building, said Ottawa fire Capt. Steve Rheaume.

The building, on the corner of Bank and Somerset streets, was home to the High Commission for Bangladesh and a number of businesses, including a pizza restaurant and a credit union.

"There was a fair amount of smoke and flame showing upon arrival," Rheaume said.

About 68 firefighters with 16 trucks attended the fire scene, narrowed by the ongoing reconstruction on Bank Street.

Although the fire was under control within an hour, firefighters remained at the scene for several hours afterwards. There was heavy smoke damage to the building.

The $4-million preliminary damage estimate relates to both the building and contents, Rheaume said.

Investigators are suspecting arson in a fire at a Bank Street commercial building early yesterday.

The Ontario Fire Marshal's office is investigating the fire. Rheaume said the fire marshal investigates any fire that results in a high dollar loss.

Although no injuries were reported, one firefighter was treated for a minor injury at the scene, said paramedics spokesman J.P. Trottier.

Police closed Somerset Street between Kent and O'Connor streets and Bank Street at Maclaren Avenue during rush hour yesterday.

The building is across the street from the Duke of Somerset building that collapsed last year.

ShareYourViews
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Aboriginal protest **Rallying for women's rights**

TRACEY TONG/METRO OTTAWA

Akwesasne resident Rarahkwisere holds up a sign at the Walk 4 Justice rally at Parliament Hill yesterday. Hundreds attended the event, which was the culmination of a cross-Canada walk to raise awareness of violence against Aboriginal women in Canada. Story, page 3.

Former mayor Dewar mourned

DEATH Flags at Ottawa city hall were lowered yesterday to honour former Ottawa mayor Marion Dewar, who passed away in a Toronto hospital after suffering a serious fall in that city over the weekend.

Her family members, including son Paul who is the incumbent NDP MP for Ottawa-Centre, travelled to be by her bedside.

"This woman, my mother, taught me everything," Paul said of Ottawa's mayor from 1978 to 1985.

One of her many accomplishments included Project 4000, where she arranged for Vietnamese boat people to relocate in the capital.

At the Mekong Restaurant in Ottawa, owner Dennis Luc — who came to Canada as one of those 4,000 people — remembered Dewar for what she did to help him.

"My heart is still very beating. All morning, I could not concentrate on my work," he said. "(I) have a chance to have a good life here in a beautiful country — in Canada."

CTVOTTAWA.CA

Resumé

- Dewar later became an MP and president of the federal NDP.

Polls look bleak for Grits

VOTE The Liberals could suffer their worst electoral showing in nearly a quarter century, the Ekos polling company projected yesterday.

Based on surveys over the past three days, Ekos said the Conservatives were slipping from their chance to form a majority government, but could still take twice as many seats as the Liberals.

Ekos projected the Tories would win 147 of the 308 seats in the House of Commons, shy of the 155 needed for a majority. The Liberals would drop to 71 seats from 95. The Bloc Québécois would rise by one seat to 49, the New Democrats would pick up 10 seats to win 40, and the Greens would have one.

REUTERS

Election 2008 pg 7
- **Will the real Harper please stand up: Lawrence Martin**

Take Five page 19
Tasty recipe of the day

Health page 15
Josey talks sex

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Carleton students helping out
This Saturday, more than 150 Carleton University students will volunteer their time as a part of the school's annual Carleton Serves event. Placements include the Ottawa Food Bank, the Old Ottawa East Children's Garden, Options Bytown and many others. CARLETON UNIVERSITY

Ottawa

Shaking your hips for a record

A holder of numerous Guinness World Records will be attempting to set a new Guinness World Record on Parliament Hill this afternoon. At 12:30 p.m., Ashrita Furman will be twirling a 11.5 foot diameter Hula Hoop around his waist in an attempt to set a record for most revolutions in one minute. Known as Mr. Versatility, Furman, a New York resident, has set 204 official Guinness records in seven continents and more than 30 countries around the world. METRO OTTAWA

TIM WIECLAWSKI/METRO OTTAWA

Irvin Hill, liaison officer with the Centre for Aboriginal Culture and Education Department at the Carleton University, plays with members of a drum group yesterday.

Carleton set to boost support for Aboriginal students

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"We're really all working together to make the university more Aboriginally rich and welcome."
Linda Capperauld.

UNIVERSITY Eight years ago, when Jaime Koebel moved to Ottawa from Alberta, she felt Carleton University was lacking support for Aboriginal people.

"I came from a community of 3,000 people. I had to learn about living on a campus of 30,000, but also the practical things like taking the bus, being away from my family," she said.

"From that idea of yearning for support in that one area, came the bigger idea that there are so many resources in the city of Ottawa. There is no reason Carleton University shouldn't be one of the best in the country in terms of resources for Aboriginal studies and students."

Yesterday, Koebel, a research and development officer with the Metis Settlements General Council, co-chaired the first meeting Aboriginal Vision Committee at Carleton University.

Carleton already offers a number of academic programs in Aboriginal studies, but Carleton vice-president — academic and co-chairman Feridun Hamdullahpur said with the establishment of the committee, they would be doing a lot more.

"We're really all working together to make the university more Aboriginally rich and welcome," said Linda Capperauld, the school's director of Department of Equity Services.

Fighting for the missing

Rally raises awareness of the plight of Aboriginal women

TRACEY TONG
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In less than one week it will be three years since Tamara Lynn Chipman was last seen on a highway in northern B.C. known as the Highway of Tears.

Her aunt, Gladys Radek, has made it her mission to find out what happened to Chipman and the thousands of other Aboriginal women murdered and missing in Canada.

"We need more accountability. We need proper justice served and closure for families across the nation," said Radek, who founded the Walk 4 Justice, a cross-Canada walk that culminated in a rally at Parliament Hill yesterday.

The event draws attention to the high numbers of missing and murdered Aboriginal women in Canada. The walkers presented a petition with almost 3,000 signatures to Parliament yesterday.

"We have a crisis on our hands. Women are being targeted and we need to know why."
Rob McDonald

Hundreds of people, including members of more than a dozen organizations, including Amnesty International, Assembly of First Nations, Congress of Aboriginal Peoples, First Nations Summit and Minwaashin Lodge came out to show their support yesterday.

"There was a lot of support here in Ottawa," Radek said.

With the upcoming election, organizers said this was the perfect time for the rally. They hope parties will talk about the issue.

"The number of missing or murdered women they have is 2,700," said Rob McDonald, a spokesman for the Native Women's Association of Canada.

"We have a crisis on our hands. Women are being targeted and we need to know why."

Missing and murdered Aboriginal women don't get enough press, said Neegann Aaswaakshin.

The murder of Kelly Morrisseau in the Ottawa area was a rare exception, she said.

"It's crucial for the public to pay attention to the issue, because that will force the government and police officers to take the safety of Aboriginal women more seriously," she said.

Robberies might be linked: Police

TRACEY TONG
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CRIME Ottawa police are investigating a possible link between several armed robberies that happened just hours apart late Sunday and early yesterday morning.

Officers were kept busy with four overnight robberies, which all targeted cash and cigarettes.

At 9 p.m. on Sunday, three men, armed with a gun, entered Fred's Fine Foods in the 600 block of Churchill Avenue North.

They ordered the store clerk to lie on the ground while they stole undisclosed amount of cash and cigarettes then exited the store on foot.

At 11:30 p.m., three men entered the Mac's Milk in the 1400 block of Highgate Road, where they robbed the store of an undisclosed amount of cash and cigarettes, said Ottawa Police Const. J.P. Vincelette.

Early yesterday morning, two robberies minutes apart targeted a gas station and a convenience store.

At 2:41 a.m., two men, armed with a sawed-off shotgun, entered a gas station in the 1100 block of Ogilvie Road.

At 2:51 a.m., three suspects, all armed with handguns, entered a 7-Eleven convenience store on Parkdale Avenue.

There were no injuries in any of the robberies, but police said it appears that the suspects responsible for this robbery were also responsible for the Mac's Milk robbery.

"There are similarities," said Vincelette. "But investigators are looking into whether they are related."

Anyone with information is asked to call the robbery unit at (613) 236-1222, extension 5116 or Crime Stoppers at (613) 233-8477 (TIPS).

metronews.ca
What's online today.

Watch as economics take centre stage in the federal election as the Liberals accuse the Tories of fumbling the economy, at www.metronews.ca/canada
Read as Allan Small reassures investors at www.metronews.ca/live/yourmoney

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Bright idea

Dead energy-efficient light bulbs, turpentine, brake fluid, aerosol containers, pool chemicals and insecticides all find a final resting place Sunday in a one-day mobile household hazardous waste collection depot. The depot runs from 9 a.m. to 4 p.m. at 3354 Navan Rd. CITY OF OTTAWA

Butterflies return to Carleton next month

The university's biology department is hosting a live butterfly show from Oct. 4 to 13. Visitors can watch butterflies emerge from their chrysalises and watch hundreds of exotic tropical butterflies fly free in the two display greenhouses at Carleton's Nesbitt Biology Building. Admission is free.

METRO OTTAWA

Homeless man wants answers after eviction

TIM WIECLAWSKI
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Homeless for the past five months after being evicted from Ottawa Community Housing, a man moved into the lobby of OCH offices briefly yesterday, hoping to step up pressure to get resettled in a new apartment.

Fred Timms was evicted last March from an apartment he lived in for 16 years on Ramsey Crescent after the fire marshal deemed his stuffed quarters a fire hazard.

Timms admits he had too much stuff and was working to clear some of it away before moving into a smaller apartment in Regina Towers when he was evicted following a random inspection.

Since then, he has been living with friends while attempting to get reinstated in housing.

"I've been all over the place," said Timms. "I just can't take it anymore."

> **"I've been all over the place. I just can't take it anymore."**
> Fred Timms

Timms said he could not afford to live in private housing and is not willing to move in with someone. He said he is not asking for his old apartment back, but wants to know if and when OCH will offer him a new apartment.

Ottawa Community Housing CEO Jo-Anne Poirier met with Timms briefly in the OCH office lobby, but was not able to tell him that news.

"We no longer have a legal relationship with that individual. We are in fact a past landlord, but understand how important these issues are," she said. "We are working very closely with our community partners to see if there is a solution that can be offered to the individual whether it's with OCH or with another provider."

If there is no solution by Oct. 2, Timms is planning to set up a tent outside OCH offices and live there.

Union boss questions number of Calian contracts

REPORT The Ottawa and District Labour Council says it is bad optics for the city of Ottawa to award contracts to the company Mayor Larry O'Brien founded and continues to sit on as a board member.

According to a report to the Corporate Services and Economic Development Committee, of the 574 contracts valued at more than $202 million, Calian was awarded four that totalled $679,155.

ODLC president Sean McKinney said it "looks absolutely horrible" that the city is awarding contracts to a company to which the mayor is a member of the board.

City spokesperson Mike Fitzpatrick said Calian has been on the city's standing offer sheet since 2005.

He said the company is winning the contracts that were open for competition. He added that the competition follows a set of strict selection guidelines.

METRO OTTAWA

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Mounties not shying away from northern duty despite deaths

While the RCMP held a memorial Sunday for two officers killed in Canada's North last year, organizers said the deaths have not discouraged new officers from wanting to serve in the northern territories and said enrolment is as high as ever. SOURCE: CBC NEWS ONLINE

Canada

"The Green party has picked this up on its website."

Catherine Coumans of Mining Watch speaking about the amount of waste mines cause.

Mining waste

Canada's political parties need to put the issue of toxic waste from the country's mining on the agendas for their election campaign, Mining Watch said yesterday. SOURCE: CBC NEWS ONLINE

Widowed bride facing deportation reality

For Manniecar Dagpin Senillo, marrying "a Western man" is a transaction, a tool to improve her life and that of her family in the Philippines.

And that's what the 25-year-old woman said she and her Canadian husband, businessman George Spiller, had agreed on when they met two years ago on an Internet website popular with Filipinas looking for agreeable men in the West.

Despite a 32-year age gap and, according to Senillo, the disapproval from his Toronto family, Spiller sponsored her. She joined him in Calgary in August 2007. But her dream for a new life was short-lived.

Immigration hearings

- Senillo says the complaint against her to Immigration Canada stems from her having left Spiller's Calgary home just before his death and not attending his funeral.

Spiller, 56, died of alcohol poisoning a month later. Although foul play was not suspected, the widow is now being accused by Spiller's family of entering a marriage of convenience and may have her permanent resident status revoked and be sent back to her impoverished homeland.

A letter from the immigration department said: "It has been alleged that you misrepresented yourself to Mr. Spiller and entered into marriage with no intention of residing with Mr. Spiller."

Immigration Canada cannot comment on the case, but spokesperson Danielle Norris said Canadian sponsors can complain to border security or immigration officials if the other parties have committed fraud.

A decision from Immigration Canada is pending.

TORSTAR NEWS SERVICE

Ontario doctors to earn $1 billion more in deal

NEGOTIATIONS Ontario's doctors will earn an extra $1 billion over the next four years under a tentative contract deal reached by the provincial government and the Ontario Medical Association.

The raise of 12.25 per cent should help Ontario retain existing doctors and attract new ones as the province continues to face a shortage of physicians, Premier Dalton McGuinty said yesterday.

"I think we've got a very fair agreement and I think that one of the things we've got to do, of course, is ensure that we're competitive," he said.

"One dimension of that, of course, is ensuring that our doctors are fairly paid."

The Ontario Medical Association estimates 850,000 Ontarians still do not have a family doctor.

The Liberals insist they have made progress on the problem, increasing medical school enrolment and other measures that have helped another 500,000 Ontarians find a physician.

Officials for both sides said they are waiting to explain the deal to doctors across the province, who will vote Oct. 8-15.

240

$240 million in new programs for treating infectious diseases as well as more money for hospitals

"I do hope that they will ratify it because it's a fair deal for Ontario's doctors but I think, importantly, it's a fair deal for Ontario taxpayers," said Health Minister David Caplan.

Negotiations on the deal began last January and it came together without the public rancour of four years ago when former health minister George Smitherman and the OMA went toe-to-toe as the battled over a cash crunch.

TORSTAR NEWS SERVICE

Calgary **Soldier mourned**

TODD KOROL/REUTERS

Soldiers from the Princess Patricia's Canadian Light Infantry carry the casket of Pte. Chad Horn, who was killed in action Sept. 3 in Afghanistan, during his funeral in Calgary yesterday.

Toronto bid for Pan Am to get nod

ENDORSEMENT Mayor David Miller will write a letter formally endorsing a Toronto bid for the 2015 Pan American Games, a critical development for the bid.

"I'm an athlete and this means a lot to me," Miller said yesterday. "Our sports infrastructure needs a tremendous boost."

In his strongest comments yet in favour of a bid, Miller said he hopes to reach an agreement soon with the province setting out which party is responsible for what parts of a project that could cost $2 billion. The province and Premier Dalton McGuinty have been the most vocal supporters of the idea, and the federal government has agreed to kick in funding as well.

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Friends defend mother accused of refusing treatment for child

HEALTH A week ago, a 22-year-old Toronto mother was concerned about her nine-month-old son, fearful his inability to gain weight was the result of a severe allergy.

The woman, who is a vegan and believes in a holistic approach to health, had taken the baby to a naturopath, to little avail. So, she took him to the hospital. Today, the mother is out on bail amid a flurry of media reports that she refused treatment for her child because of her religious beliefs. Yesterday, the couple's friends said suggestions that they refused treatment on religious grounds were inaccurate.

Health

- The Islamic-based group espouses vegetarianism and a holistic approach to health, but does not oppose treatment in hospitals.

"It's not like (she) neglected the baby for nine months ... She's been trying to get help," said Kudjo Adwo Sut Tekh El, the grand sheik of the Moorish Science Temple of America.

TORSTAR NEWS SERVICE

Election 2008

Beware of snow job in September

NationalReport

"While he hasn't convinced many that the new Harper is for real, it doesn't seem to matter. If you look at the polls, his old style is good enough to win."

You've got to give Stephen Harper credit. He's got gall. This is the prime minister who built a reputation for cold-hearted, low-road politics. Civility and high ideals were set aside. Naked political self-interest appeared to be his chief motivator.

Now comes the attempt at the great transformation. Everybody's talking about the chummy guy in the TV ads. It's Mister Rogers' Neighbourhood all over again. You'd think the PM is about to surround himself with toddlers and break into song.

On the campaign trail — where's that uptight glare gone? — he's open to the media and sometimes even humble.

It's all very nice. But best beware of September snow jobs. The problem with image remakes is that there's always a record to look at.

The Harper Conservatives are the ones who wrote a dirty-tricks handbook on how to obstruct the democratic process.

These are the guys who, while simultaneously promising a new era of clean government, were undermining the rules of the game in the so called in-and-out affair. These are the guys who have broken the record for attack ads, who turned the access to information laws into information barriers, who, in the words of Auditor General Sheila Fraser, were out to gag officers of Parliament.

We thought Jean Chrétien was bad for hoarding so much power. Stephen Harper has made him look like a pantywaist. But now, the big image switcheroo.

Can it work? The campaign's first week wasn't the smoothest for Harper. True colours couldn't be hidden. His team got caught going over-the-top with its attack proclivities — the puffin bird saga being just one example.

Meanwhile, the happy-faced PM couldn't help himself from returning to low-road mode. He falsely accused Dion of planning to raise the GST. On the Liberal leader's Green Shift, he went off the nutbeam, saying it would practically mean the end of civilization as we know it.

But while he hasn't convinced many that the new Harper is for real, it doesn't seem to matter. If you look at the polls, his old style is good enough to win. The politics of destruction works south of the border — and here as well.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Harper wooing 'working families'

Conservative Leader Stephen Harper returned to southwestern Ontario for the second time in less than four weeks, seeking to increase support among what he likes to call "working families."

Harper promised in London "a steady hand on the wheel, even if the world's financial markets get a little rocky."

The Opposition "wants to reverse everything that we have done," Harper said. He again claimed the Liberals — contrary to Leader Stéphane Dion's campaign statements — would hike the GST back up to 7 per cent from 5, and "take back" the $100-a-month child care allowances. On top of that, Harper said, Dion's carbon tax would devastate the economy.

Harper's effort began earlier in Ottawa with a measure expected to make inroads with female voters.

CHRIS WATTIE/REUTERS

RCMP officers keep watch as Conservative Leader Stephen Harper leaves a campaign stop at a spa in Ottawa yesterday.

He promised to extend maternity and parental benefits to the self-employed — a pledge he said would cost $147 million annually, but would be largely self-financed once self-employed people began paying premiums into the fund.

TORSTAR NEWS SERVICE

Liberals

Dion vows $300M for fisheries

CASH Stéphane Dion announced yesterday a Liberal government would pump millions into the fisheries industry, including more than $300 million to modernize fleets and aid fisherman who want to get out of the business. Dion said $70 million will go toward an exit program for those fishermen who want to get out of the business.

TORSTAR NEWS SERVICE

News in brief

NDP New Democrat Leader Jack Layton made a billion-dollar promise to reduce the shortage of family doctors in Canada yesterday. "Having regular access to a family doctor is really the basic business of community health care," Layton said in the medical building of Dalhousie University.

TORSTAR NEWS SERVICE

28 days remain until the 2008 Canadian federal election

Pink Floyd founder dies at 65

Pink Floyd keyboard player and founding member Richard Wright died yesterday after a short battle with cancer, his spokesman said. He was 65. REUTERS

World/Business

Companies idled by Ike

Houston's energy giants among those hit hardest by storm

It was not quite business as usual in Houston yesterday after hurricane Ike knocked out power to millions, shattered skyscraper windows and wiped out water pressure in the nation's energy hub.

In the midst of an oil boom, the storm's destruction has largely paralyzed the nation's fourth-largest city, which has seen its economy grow even as the nation's has faltered.

Most office workers were asked to stay at home. Two days after the Category 2 storm made landfall in Galveston, Texas, streets were filled with fallen trees and debris and most traffic lights were out, making the office commute a hazardous affair.

Police have blocked the entrance to many downtown streets in an effort to speed up the cleanup. Office buildings had their windows blown out or broken by flying debris, raining glass on sidewalks.

RICHARD CARSON/REUTERS

Houston Heights resident Travis Warrington sweeps away storm debris following hurricane Ike, with a cautionary sign to potential looters posted on plywood covering his window.

Trees and shrubs were torn from their planters, and tap water was declared unsafe for drinking.

The 75-storey JPMorgan Chase Tower downtown lost hundreds of its windows in the hurricane and is home to the energy investment banking arms of firms such as JPMorgan Chase & Co. and Lazard Ltd.

Many energy trading floors, which expanded in recent years to capitalize on rising energy prices, were said to be working with skeleton staffs.

One major oil trading operation said it had "computer issues."

The world's largest company, Exxon Mobil Corp., which owns a 44-storey building in downtown Houston, has closed its office tower and other Houston offices to nonessential personnel.

Transocean Inc., the world's largest offshore oil and gas drilling contractor, shipped operations workers to Dallas and Austin ahead of the storm, but its offices in Houston are closed today because of the buildings' low water pressure.

REUTERS

Gas prices to go up

- U.S. President George W. Bush said yesterday there would be some upward pressure on the price of gasoline after hurricane Ike.

Business

Bank of Canada puts $2.31B into markets

Canada's central bank yesterday pumped the biggest amount of cash into markets since 2000, while policy-makers sought to shore up confidence after the deepening U.S. financial crisis claimed two Wall Street giants and shook world markets.

News of a bankruptcy filing by Lehman Brothers Holdings Inc. and the sale of Merrill Lynch jolted investors worldwide and in Canada raised concerns that a worsening U.S. economic outlook could harm Canada's economy further due to its heavy reliance on trade with its neighbour.

Distrust in short-term lending markets prompted the Bank of Canada to pour $2.31 billion into the overnight market to lower the lending rate toward its 3 per cent target.

The amount of the transactions, in which the bank purchases securities in the open market and resells them, was the biggest since a February 2000 injection of $2.47 billion. REUTERS

Shaky economy threatens oilsands

OIL A double whammy of tumbling crude prices and shaky credit markets could force some companies to delay multibillion-dollar Canadian oilsands projects, cutting the country's overall output forecast.

Most at risk are developments that are in the design phase but have yet to start construction. Some have already been delayed due to surging costs, a tight labour market and stricter regulatory scrutiny. REUTERS

Google-Yahoo ads hurt newspapers

MEDIA A deal by Google Inc. and Yahoo Inc. to share some advertising revenue will mean less money for newspapers and weaken Yahoo in the long run, the World Association of Newspapers said yesterday.

The group, which represents 18,000 publications, criticized a deal struck in June in which Google will supply Yahoo with advertising services to run alongside Yahoo's own Web search system. The two own more than 80 per cent of the market. REUTERS

Odierno takes lead as bombs kill 34

IRAQ Three bomb attacks killed 34 people and wounded dozens more in Iraq yesterday, underscoring the security challenges facing Lt.-Gen. Ray Odierno, the next U.S. military commander in the country who takes over this week. REUTERS

Jolie, Pitt give $2M to Ethiopia

PEOPLE Partners Angelina Jolie and Brad Pitt have donated $2 million to create a centre, named after their adopted daughter Zahara, for Ethiopian children affected by AIDS and tuberculosis.

The Global Health Committee said the donation would establish a centre in the Ethiopian capital of Addis Ababa. REUTERS

Las Vegas jury urged by prosecutor to give O.J. Simpson 'true verdict'

TRIAL O.J. Simpson's kidnapping and robbery trial began yesterday with a Las Vegas prosecutor asking jurors to render "the true verdict" against the one-time football star who was famously acquitted of the murder of his wife and her friend more than a decade ago.

Simpson is charged along with Clarence Stewart of storming into a room at the Palace Station hotel and casino in September 2007 and taking thousands of dollars in sports memorabilia from dealers Alfred Beardsley and Bruce Fromong at gunpoint.

O.J. Simpson

Clark County Deputy District Attorney Christopher Owens appeared to invoke Simpson's 1990s murder trial and its controversial verdict when he asked the jury to find "the true verdict" on a dozen charges that could send Simpson and Stewart to prison for life.

But defence attorney Yale Galanter took umbrage at that suggestion, reminding the jury that they could not be influenced by Simpson's 1990s infamy in reaching a verdict in the current case.

Clark County District Judge Jackie Glass has told jurors to put the Los Angeles murder trial out of their minds. REUTERS

News in brief

POLITICS Israeli Foreign Minister Tzipi Livni's hopes of succeeding Ehud Olmert as prime minister got a boost yesterday from an opinion poll that showed 47 per cent backed Livni's bid.

DEAL Zimbabwe's President Robert Mugabe signed a power-sharing agreement with fierce opposition rival Morgan Tsvangirai yesterday, appointing Tsvangirai prime minister. REUTERS

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Know thy spending self

SmartCookies

Impulse spenders will set out to buy a birthday gift and end up getting a gift for themselves, too.

In the early days of our money group we shared some pretty crazy spending confessions. At one point in time it made sense to buy three bottles of 2-in-1 shampoo and conditioner (even though we would never use 2-in-1!) just because it was on sale, or to spend hundreds of dollars at the mall because we had a bad day at the office.

Realizing that our spending personalities were as individual as we were, we decided it was time to not only pinpoint our spending ways but to find a cure once and for all.

Below are the most common types of spender. Take a minute to figure out what kind of spender you are and then take note of how you can save yourself hard earned-cash.

Yo-Yo Spender?

Do you go weeks or even months depriving yourself of spending only to find yourself overcompensating and purging by spending all at once? Robyn did, and she learned that to avoid this kind of spending it's best not to deprive yourself completely. Each month treat yourself (within reason of course) to something you didn't necessarily plan for — a cute top that catches your eye and a dinner out. Give yourself a little something to satisfy your craving.

A Slacker Spender?

Do you favour convenience over a good deal? Like Andrea found, you're likely to buy your groceries at the market across the street because it's easier than walking the extra two blocks to the cheaper chain grocery store. Your game plan? Plan your inconvenient treks to the cheaper grocery store in advance and stock up while you'll there.

An Impulse Spender?

Ever find yourself heading to the mall to buy a birthday gift only to leave with a treat for yourself? Angela knows it's hard to resist an impulse buy, so she recommends planning your shopping trips in advance and knowing exactly what stores to go to. Taking a list is key for impulse shoppers and in extreme cases you might even want to take a friend.

A Sale Spender?

Like Katie, you find it nearly impossible to resist a sale, even if you wouldn't buy the item under any normal circumstance. When tempted to buy a sale item, ask yourself if you would buy the item if it wasn't on sale. If your answer is no, step back and walk away! Remember it's only a good deal if you will actually use it.

A Zombie Spender?

Do you pay little attention to prices on the menu or prices at the cash register? Do you surprise yourself when you arrive home and discover things in your bag you didn't even realize you purchased? Sandra finds the solution is to go into each spending situation with a predetermined amount to spend. She then takes that amount out in cash and is forced to pay attention to how her bill adds up.

If you have questions or suggestions for the Smart Cookies e-mail us at smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

Allan Small examines the fall of Wall Street giants Lehman and Merrill. Read his column at metronews.ca

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It's not the bank, it's you

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

Q Recently, I applied for a business loan with a bank that I have dealt with for more than eight years. The loan representative claimed I would not be approved because my company's articles were cancelled by the Ministry. What can I do to remedy this? Should I deal with a new bank?

Serge

A Your bank is not the problem. The bank cannot extend a loan to a company that cannot execute legally binding contracts.

Many small businesses continue to operate unknowingly until a company search is done. The Ministry does not cancel articles without first making numerous requests for compliance. Your first step should be to determine why your company's articles were cancelled. Contact the Ministry. Government agencies and their representatives are generally friendly and helpful.

Generally, the Ministry may cancel a company's articles for failure to comply with the provisions of the Corporations Tax Act, Gasoline Tax Act, Employer Health Tax Act, Land Transfer Tax Act, etc. Once you have determined under which Act the company is in non-compliance, a consent request to revive must be sent to the Minister and later accompany the articles of revival.

The cancellation of a company's articles should not be taken lightly. The business will be unable to enter legally binding agreements or contracts such as loans, leases, service or sales contracts, etc. Think about it. Would you sell your home to a person when the agreement cannot be enforced by you?

This should not be undertaken without professional help.

An accountant and lawyer familiar with reviving cancelled corporations should be retained.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

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SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Spending habits key to success

BRIAN TOWIE
brian.towie@metronews.ca

When you're not in class, you're catching up on your required reading on your 15-minute break from your part-time job. What you make is not enough to keep up with the mounting bills and unforeseen costs of being a post-secondary student. You're exhausted, frustrated and every day you find yourself deeper in a financial hole.

Going to school is a full-time job that requires a lot of money, and students sometimes don't have the funds to stay in the game.

Not a pretty picture, but one you might likely face. Going to school is a full-time occupation that requires big-time cash, and students sometimes don't have the funds or the energy to stay in the game. Don't get yourself down, however; there are ways, albeit marginal, to get out of the deep end of the red and possibly back into the black.

You're going to have to make some changes to your spending habits to start, says Myron Knodel, financial planning expert at Investors Group. Less Saturday night fun means more money in your pocket. Declaring bankruptcy is an option, but should only be considered as a last resort due to a possible bad credit rating and the fact that what you owe on your Canada Student Loan won't be forgiven.

You could consider consolidating your numerous debts into a loan with a lower interest rate. Renegotiating a payment plan is another alternative, should you find yourself pushing the panic button. Depending on who loaned you the money, it might be your best bet.

"You can always renegotiate with your creditors, and the success of that is reliant on who your creditors are," Knodel said. "Family, for example, might be more willing to help you. But even arms-length creditors do have some flexibility in regards to negotiating a reduced rate and ways to pay back what's owed."

But how much can a strained and starving student tighten their belt before it's too much? They may already be working at the absolute limit of their time and energy, doing their best to balance their academic career while labouring to finance it, says Katherine Giroux-Bougard, national chairperson for the Canadian Federation of Students. And she notes the situation isn't exactly improving, with some cash-strapped students even heading to food banks at their local campus to keep themselves fed.

"We do hear about a lot of students struggling. Some of them are working two and three jobs at a time to make ends meet, and as a result it's a big challenge for them to keep up with their academics," she said. "But there's no option. Not only are tuition fees going up, additional fees are being tacked on for what you used to be able to get for free — transcripts, student cards and the like."

You can turn to your school's financial aid office for help and advice, but usually only in the most superficial way, she says. Many institutions have emergency funds and scholarships available, but there's no guarantee you'll get one.

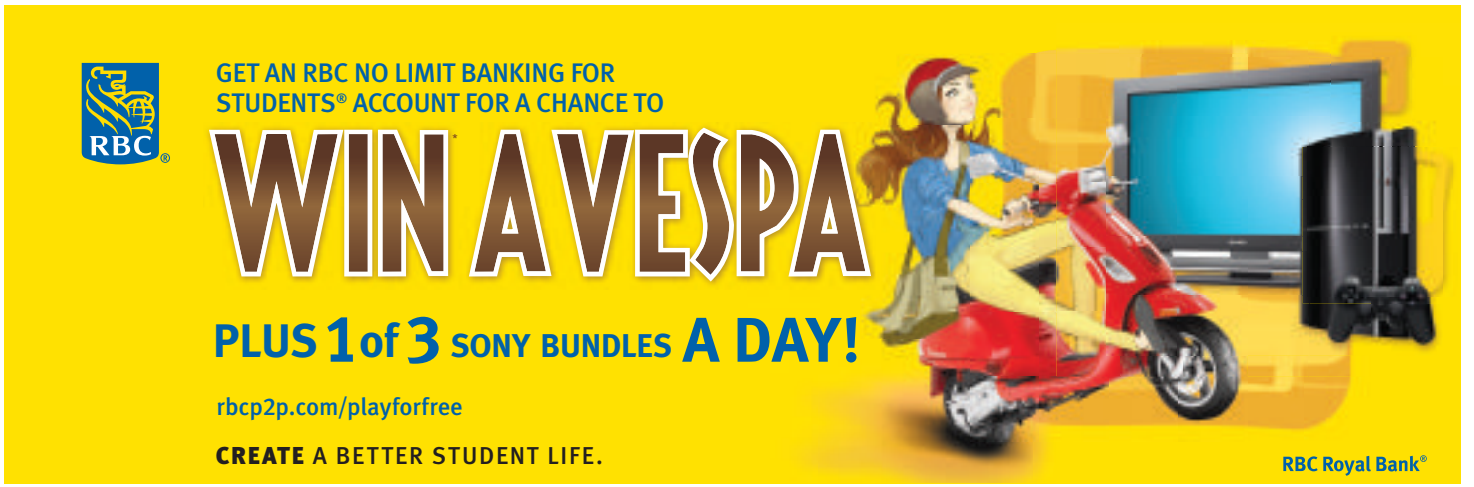
What got you into this mess? A perceived lack of public funding is not to blame, says Hugh Mackenzie, a research associate for the Canadian Centre for Policy Alternatives.

Citing Liberal MP Bob Rae's 2005 report on Ontario post-secondary education, Mackenzie says it's true more students from the 25 per cent highest-income households make up more of the student population (at 31 per cent) than those from the 25 per cent lowest-income households (at 21 per cent). But the highest pays the lion's share of the taxes for education funding at 47 per cent, while the lowest pays 8 per cent, supporting the case that general government revenue does indeed transfer to lower-income students.

Regression and financial hardship must therefore come, Mackenzie argues, from rising tuition fees and targeted subsidy policies, and it's the middle-income bracket that gets hit the hardest in this regard. Invariably, these students pay higher fees, which are then earmarked for the poorest students — all of the cost, none of the benefit. As a result, the financial roadblocks to a post-secondary education rise for this group.

Mackenzie writes in his April 2007 report, "Only the complacent would take comfort ... in the fact that participation in undergraduate post-secondary education has not declined in a decade of tuition fee increases ... As if 'not declining' is acceptable in an economy in which the only jobs that are growing in number are jobs requiring post-secondary credentials.

"Part of doing more is recognizing the obvious — that steadily increasing tuition fee levels create barriers to access for lower- and middle-income students and have contributed materially to the increasing levels of debt with which students now graduate."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Olympics
Wayne Gretzky, who headed Team Canada at the last two Olympics, will not be running the show in 2010. "I'm going to be involved in a smaller way, in a smaller role ... something to help out Team Canada, but it will not be my team," Gretzky told Toronto's FAN 590 radio station yesterday. TORSTAR NEWS SERVICE

Sports

Brewers fire manager Yost

The Milwaukee Brewers have fired manager Ned Yost, left, and named Dale Sveum interim manager for the final two weeks of the season. The Brewers are 83-67 and tied for the top spot in the NL wild-card race with Philadelphia. The Phillies, though, just completed a four-game sweep of the Brewers, who have floundered to a record of 3-11 in September. Metro News Services

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Palin prompts Philly promo

VP candidate's comments inspire Flyers to hold 'hockey mom' contest

YorkReport

Sarah Palin is influencing the NHL.

The Philadelphia Flyers have launched a marketing campaign directly related to Palin's recent comments that she is "a hockey mom." The Republican Party's vice-presidential candidate also joked publicly that lipstick is the only difference between hockey moms and pit bulls.

And so the Flyers are following up by seeking "the ultimate hockey mom," and the winner will receive more than $5,000 in prizes as well as tickets for Philly games. Mothers are being encouraged to visit philadelphiaflyers.com and submit posters showing their hockey mom pride. The contest ends Oct. 1.

There will be $500 gift cards for the second- and third-place finishers and every mom who enters will get a consolation prize: Puck-er Peach Lipstick.

Cool.

• Speaking of cool, that's what members of a new women's football league will be when they start playing in major U.S. cities in 2009.

They'll be cool, see, because they'll be playing in skimpy lingerie.

The Lingerie Football League — or LFL, as it will become known — is a spin-off of The Lingerie Bowl, a TV event that involved scantily-clad women during halftimes of recent Super Bowls.

According to the league's website, the LFL will be "real fantasy football."

• That was nice of the NFL to show us in Denver a couple of days ago that, yes, its officiating can be just as shabby as the CFL's often is. Misery loves company ... There's a good chance, by the way, that all four teams in the CFL West could post better records than the East's three weak-sister squads — the Toronto Argonauts, Winnipeg Blue Bombers and Hamilton Tiger-Cats — but one of these Eastern teams still would qualify for the playoffs, no matter what. And the fourth-place Western team could do no better than cross over for the post-season and visit the second-place Eastern team ... From the rich-about-to-get-richer department comes info that the Boston Red Sox are front-runners to sign Japanese star Junichi Tazawa, a 22-year-old pitching phenom ... Have the Pittsburgh Pirates ever suffered since trading B.C.'s Jason Bay to Boston. Entering last night, the Pirates had lost 15 of their past 18 games and were 10-27 since trading him Aug. 1 ... The Barry Bonds-less San Francisco Giants will likely become the first MLB team to hit fewer than 100 home runs in a season since the 1993 Florida Marlins (94 in 1993). But this year's Marlins are the first MLB team in history with four infielders (Hanley Ramirez, Jorge Cantu, Mike Jacobs, Dan Uggla) who have hit at least 25 homers.

Aging well

• Jamie Moyer of the Philadelphia Phillies won his 13th game of the season Sunday, the most for any non-knuckleball-throwing 45-year-old in MLB history.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Boston 13 Tampa Bay 5
Cleveland 3 Minnesota 1
Kansas City 3 Seattle 0
N.Y. Yankees 4 Chicago Sox 2
Detroit at Texas

NATIONAL LEAGUE
Chicago Cubs 6 Houston 1
L.A. Dodgers 8 Pittsburgh 2
Washington 7 N.Y. Mets 2
San Diego at Colorado
San Francisco at Arizona

TONIGHT'S GAMES

AMERICAN LEAGUE
Minnesota at Cleveland, 7:05
Chicago Sox at N.Y. Yankees, 7:05
Baltimore at Toronto, 7:07
Boston at Tampa Bay, 7:10
Detroit at Texas, 8:05
Seattle at Kansas City, 8:10
L.A. Angels at Oakland, 10:05

NATIONAL LEAGUE
L.A. Dodgers at Pittsburgh, 7:05
Houston at Florida, 7:10
Philadelphia at Atlanta, 7:10
N.Y. Mets at Washington, 7:10
St. Louis at Cincinnati, 7:10
Milwaukee at Chicago Cubs, 8:05
San Diego at Colorado, 8:35
San Francisco at Arizona, 9:40

CFL

WEEK 12

FRIDAY'S GAME
Winnipeg at Hamilton, 7:30

SATURDAY'S GAMES
Toronto at Calgary, 6:30
B.C. at Saskatchewan, 9:30

SUNDAY'S GAME
Edmonton at Montreal, 1

NFL

LAST NIGHT'S GAME
Philadelphia at Dallas

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Your Health is a monthly feature that focuses on health, beauty and lifestyle issues. Next month's issue comes out on Oct. 21.

Your Health

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SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Skip the apple, go for cheese

LEYLA EMORY
for Metro Canada

An apple a day may keep the doctor away but if it's the dentist you're looking to dodge, eat cheese.

Fruit may be part of a healthy diet but the acidic treats can wreak havoc on your teeth. "Acid erosion is tooth wear that occurs as a result of acids in the mouth resulting in the loss of surface enamel," explains Dr. Don Friedlander, president-elect of The Canadian Dental Association.

What's a little loss of enamel for the sake of a nutritious Red Delicious? Pain. Beyond just losing their lustre, your once pearly-whites will take on a browner colour as the enamel wears away exposing the darker and nerve ridden dentin.

Of course, fruit can't take all the blame. "A lot of factors lead to acid erosion," says Friedlander. "Teenagers, for example, are drinking more pop. People are living longer. Their teeth are exposed for a longer period. There's more snacking and less formal sit-down meals. That means there could be acidic foods or drinks sitting next to teeth for longer periods of time. Sports drinks (with their high acid and sugar content) are another possibility."

PETER DAZELEY/PHOTOGRAPHER'S CHOICE

While eating an apple a day may keep the doctor away, the acidity of fruit can cause acid erosion on your teeth, experts say.

With assaults on all fronts it's surprising how few people are aware of acid erosion. "I'm not sure if I have any," says 28-year-old Victoria Shelep, who visits her dentist regularly. "I've probably got some, just generally over time."

She's probably right according to Dr. Martin Addy, one of the experts featured on the GlaxoSmithKline (producers of Sensodyne Pronamel toothpaste) website, aciderosion.co.uk. "I think if you look into any dentition virtually at any age ... you'll find some form of wear ... One could probably say that the prevalence is actually about 100 per cent," he says in a video shot at the FDI World Dental Federation conference in Montreal three years ago.

Enamel, once lost can never be rebuilt, according to Friedlander, but there are ways to avoid losing, and re-strengthening, what's still there. "My advice: Find a low-abrasive toothpaste that has fluoride in it. Fluoride is helpful in reducing the enamel's susceptibility to acid."

And eat cheese. Finishing a meal with foods that are high in calcium, like milk or cheese, "can be effective in neutralizing the acid as well as providing the building blocks for re-mineralizing areas that have been affected," says Friedlander.

ADVERTISING FEATURE

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In one of our recent columns, we discussed how more and more **adults are seeking orthodontic treatment** to correct problems with the spacing or alignment of their teeth. While the results with traditional braces can be spectacular, some people are a bit self-conscious about being seen with braces.

The good news is that there is a product that can alleviate that concern and which may provide you with the treatment you require. That product is known as **Invisalign.**

Invisalign is a treatment plan that consists of a **series of individual aligners** that can be switched approximately every two weeks. It is custom fitted to your teeth with the ultimate goal of returning them to an attractive and functional alignment. Whether that means creating more space for **crowded teeth, bringing together teeth with excessive spacing, or correcting overbites or underbites, Invisalign** may be the product for you.

One of its biggest advantages is its invisibility, as the name suggests. Quite simply, **many people will not even know you have it on!** And you can easily remove your **Invisalign aligners** for special occasions, just to make sure nobody sees them.

The fact that they can be so easily removed is another of the popular features. Because you can remove your **Invisalign aligners** before eating, **you don't have to worry about food becoming trapped between them.**

But its most important feature is that it can be an effective way to **correct misaligned teeth.** While this can have important cosmetic effects, **correcting spacing or biting problems can have important affects on your dental health.**

People who have problems with the alignment of their teeth are more likely to experience **uneven wear and tear** due to the manner in which the teeth rub against each other. This could result in the **need for crowns** at a later date.

Healthy Habits Lead to Healthy Lives
Dr. Fuad Karim
Dental Surgeon

Furthermore, crowding, excessive spacing, and bite problems are all associated with **tooth decay, periodontal issues and even bad breath.** So while the confidence of an enhanced smile can be enough justification to correct the appearance of your teeth, there are important and real health concerns that **Invisalign** may also address.

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VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication treatment for depression. The purpose of the study is to further our knowledge about the treatment of depression. Treatment duration is approximately 8 weeks and includes a physical exam, blood tests and a psychiatric interview. A 52 week extension of continuing treatment will be offered to those completing the study and eligible for extension. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no significant drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed.	■	■
I am having difficult sleeping.	■	■
I am feeling low in energy and slowed down.	■	■
My appetite has changed.	■	■
I am experiencing feelings of guilt.	■	■
I have lost interest in work and pleasurable activities.	■	■
I feel hopeless about the future.	■	■
I feel tense and anxious.	■	■
I am having difficulty making decisions.	■	■
I am having trouble concentrating.	■	■

Ottawa Psychopharmacology Clinic
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If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

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All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

Your Health is a monthly feature that focuses on health, beauty and lifestyle issues. Next month's issue comes out on Oct. 21.

Overall health, oral care linked

ERIC EMIN WOOD
for Metro Canada

Oral care is more important than many Canadians might think.

"We view the mouth as a window on the body," says Deborah Stymiest, president of the Canadian Dental Association, "and for health practitioners and dentists, sometimes we are the first line in finding symptoms that are indicative of a systemic condition."

Good oral habits haven't changed significantly over time, Stymiest says. Brushing two or three times per day is still recommended, along with flossing, mouthwash, and possibly an electric toothbrush. "Many (electric toothbrushes) come with timers, and most people brush for 30 seconds," she says. "It would be nice to see them brush for two or three minutes."

Establishing a routine early is key when teaching children how to brush, Stymiest says. A general practitioner for 25 years, she still sees patients in her office three days per week. "We are seeing a rise in early childhood decay, and so we're encouraging parents to start as soon as that first tooth comes through the mouth," she says.

Parents should make sure their children recognize the importance of brushing, and supervise them until they have the manual dexterity to do it on their own, which sometimes isn't until they turn six or seven, Stymiest says. If parents can't deliver the message, their dentist will be happy to help.

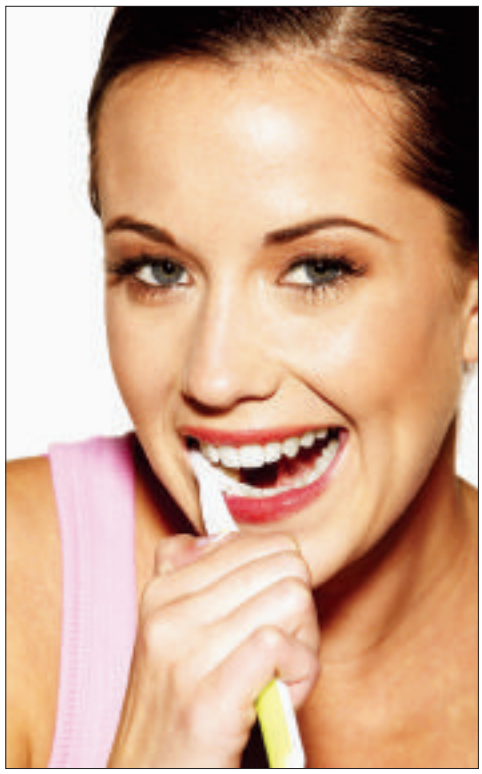
"We would love to see children at their first birthday for their first checkup," she says — not necessarily for a full exam, but to provide some "good preventative messages for the parents."

When children get older, their eating habits become a concern. "The consumption of junk food and highly acidic and sugared beverages is quite devastating to tooth enamel," says Stymiest. Older kids and teens should drink juice, milk, water and other non-carbonated beverages as often as possible — for their overall health as much as their teeth.

"The consumption of junk food and highly acidic and sugared beverages is quite devastating to tooth enamel."
Deborah Stymiest

Adults should remember to brush regularly and watch their diets as well, Stymiest says. "If you're drinking coffee with sugar, and slowly sipping it throughout the day as a lot of Canadians like to do, it can go off almost like a sugar bomb in your mouth, which can lead to demineralization or breakdown of the enamel, and particularly along the gumline," she says.

Such guidelines "may be broad and may seem mundane," she says, "but they're critically important to everyday health."



Dentists recommend you brush two or three times a day.

Lavender calms patients: Study

Lavender has been shown to help patients cope with a trip to the dentist, BBC News Online reports.

A study of 340 people by King's College London researchers found those exposed to lavender oil scent were less anxious about the treatment ahead.

But the British Psychological Society conference heard lavender had no effect on patients' nerves concerning future treatment.

All the patients studied were waiting for a scheduled dental appointment.

Half were exposed to the scent given off by a candle warmer activating five drops of lavender oil in water during regular clinics over a four-week period, while the rest were not.

The anxiety level of those not exposed to lavender was 10.7 compared with 7.4 among those smelling the scent.

"Our findings suggest that lavender could certainly be used as an effective 'on-the-spot' anxiety reduction in dentists' waiting rooms," said Dr. Koula Asimakopoulou, who worked on the study.

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Your Health is a monthly feature that focuses on health, beauty and lifestyle issues. Next month's issue comes out on Oct. 21.

Tea protects against heart disease: Study

Drinking three or more cups of tea a day is as good for you as drinking plenty of water and may even have extra health benefits, researchers say, according to BBC News Online.

The work in the European Journal of Clinical Nutrition dispels the common belief that tea dehydrates.

Tea not only rehydrates as well as water does, but it can also protect against heart disease and some cancers, U.K. nutritionists found.

Experts believe flavonoids are the key ingredient in tea that promote health.

These polyphenol antioxidants are found in many foods and plants, including tea leaves, and have been shown to help prevent cell damage.

Public health nutritionist Dr. Carrie Ruxton, and colleagues at Kings College London, looked at published studies on the health effects of tea consumption.

They found clear evidence that drinking three to four cups of tea a day can cut the chances of having a heart attack.

Some studies suggested tea consumption protected against cancer, although this was less clear-cut.

Other health benefits seen included protection against tooth plaque and potentially tooth decay, plus bone strengthening.

Ruxton said: "Drinking tea is actually better for you than drinking water. Water is essentially replacing fluid. Tea replaces fluids and contains antioxidants so it's got two things going for it."

She said it was an urban myth that tea is dehydrating.

"Studies on caffeine have found very high doses dehydrate and everyone assumes that caffeine-containing beverages dehydrate. But even if you had a really, really strong cup of tea or coffee, which is quite hard to make, you would still have a net gain of fluid.

"Also, a cup of tea contains fluoride, which is good for the teeth," she added.

There was no evidence that tea consumption was harmful to health. However, research suggests that tea can impair the body's ability to absorb iron from food, meaning people at risk of anemia should avoid drinking tea around mealtimes.

Ruxton's team found average tea consumption was just under three cups per day.

She said the increasing popularity of soft drinks meant many people were not drinking as much tea as before.

"Tea drinking is most common in older people, the 40 plus age range. In older people, tea sometimes made up about 70 per cent of fluid intake so it is a really important contributor," she said.

Claire Williamson of the British Nutrition Foundation said: "Studies in the laboratory have shown potential health benefits.

"The evidence in humans is not as strong and more studies need to be done. But there are definite potential health benefits from the polyphenols in terms of reducing the risk of diseases such as heart disease and cancers."

METRO NEWS SERVICES

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Children will be financially compensated for their participation
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Many ways to beat bad breath

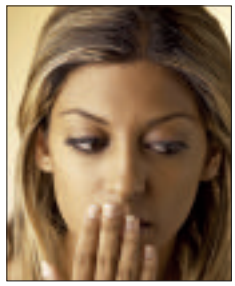
LEYLA EMORY
for Metro Canada

Take a deep breath — halitosis, or bad breath, isn't a pleasant topic.

"The main cause of bad breath is bacteria in the mouth," says Anne Bosy, chief scientist and clinic founder of OraFresh Breath Treatment System.

That's the simple answer. The first person to receive an MSc in Oral Malodor from the University of Toronto, Bosy has been studying bad breath for 17 years.

Some people are genetically predisposed to bad breath, some acquire it as a result of stress on the immune system, says Bosy. Then there's what she calls the "no brainers." Onions, garlic, coffee, smoking or just not eating for a prolonged period of time all contribute to "breath you'd identify as having to get away from."



Some people get bad breath as a result of stress on their immune systems, experts say.

Unless you're in the first stages of becoming a recluse, drink lots of water, advises Don Friedlander, president-elect of The Canadian Dental Association. "Anything that increases saliva flow is helpful." He also suggests chewing gum, to produce saliva and brushing the tongue, to reduce bacteria buildup.

It's also crucial to have a balanced diet. "To be healthy you have to have fruits, vegetables, calcium, grains and protein," says Bosy. "Certain unhealthy systems have certain smells. The breath is very indicative of our state of health."

Within the food groups, Bosy recommends paying particular attention to cleansing foods like carrots, nuts, yogurt and lemon water to "clean up the mouth." Topping the list is parsley.

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Your Health is a monthly feature that focuses on health, beauty and lifestyle issues. Next month's issue comes out on Oct. 21.

Tackling 'sex addiction'

I wonder how David Duchovny's doing in rehab. As you no doubt know by now, the former X Files star and husband of actress Téa Leoni checked himself into rehab for "sexual addiction" at the end of August. No word on how he's doing but you have to wonder.

When one goes into rehab for alcohol or drug addiction, they don't generally let you bring in a flask or a joint or two for when the temptation gets to be too much. But, what do they do when a so-called sex addict feels the urge. Keep his hands tied behind his back?

Frankly, the whole idea of "sex addiction" is problematic. If you treat sex addictions like, say, alcohol addiction, that is, if you are exposed to sex, you won't be able to control yourself, does that mean you have to stop having sex?

What do they do when a so-called sex addict feels the urge. Keep his hands tied behind his back?

Even Sexaholics Anonymous — an organization that tackles "sex addiction" with the same 12-step approach it applies to Drug or Alcohol addiction — struggles with this.

In AA, total abstinence is the goal. Since swearing off sex for the rest of their life is a little more difficult, SA allows its members to have sex but only within marriage. Which is no doubt good news for Téa but I don't quite get the logic that you won't lose control as long as you only have sex with a husband or wife.

According to Carol Groneman, author of Nymphomania: A History (2000), nymphomania was first described in 1771 and symptoms included "dwelling on impure thoughts, reading novels, eating too much chocolate and indulging in secret pollutions" (i.e., masturbating).

In the first Diagnostic and Statistical Manual of Mental Disorders (more commonly referred to as the DSM, the psychiatrist's go-to guide to insanity), nymphomania and its male counterpart Don Juanism (guys always get sexier labels), were listed as "sexual deviations." By 1980, they were downgraded to "psychosexual disorders" and, in 1987, they were dropped entirely and replaced with "sexual addiction." The 1994 version nixed this and that's how it remains today.

Obviously, if you're preoccupied with or having sex so much that it's messing with your life or hurting your relationship, you should get some help.

I'm just not convinced you're an addict.

There are tons of things we do as humans to excess that aren't good for us — eat, surf the net, follow Britney. Sex, it seems to me, is just one of many appetite-related activities we have to learn to enjoy in a moderate and healthy way.

David Duchovny, former X Files star and recent "sex addict."

And, ultimately, excess is subjective. As famous sex research pioneer Alfred Kinsey once said: A nymphomaniac is "someone who has more sex than you do."

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Health in brief

GET YOUR ZZZS

Heard of GABA (gamma-aminobutyric acid)? It's a natural calming agent and one of the brain's most important neurotransmitters. GABA improves sleep quality and increases the production of alpha brain waves. Natural GABA is safe, effective, and without the known side effects of pharmaceutical sleep aids.

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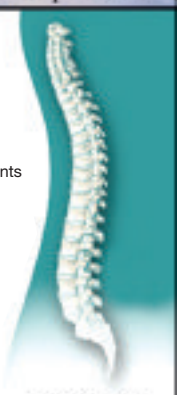

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- Preterm and Low Birth Weight Babies
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- Respiratory Disease
- Alzheimer's Disease

The theories linking gum disease to other diseases explain that the infection in your gum tissue may serve as an entry point for bacteria to invade your body. If you have been diagnosed with gum disease, pathogenic bacteria are likely forming colonies that cause localized inflammation and damage in your gum tissue. Those bacteria may enter the blood stream through small ulcers to be spread throughout the body.

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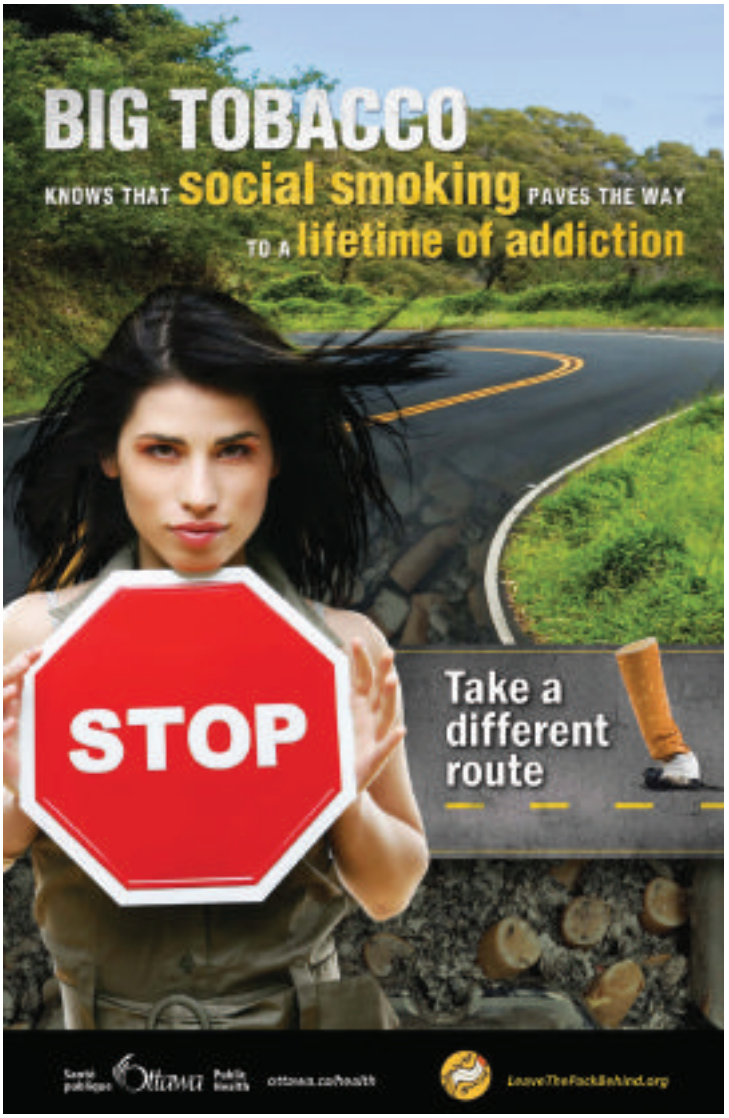

Laurie's new deal to pay off

Hugh Laurie is likely to become the highest-paid British television actor ever after signing a new deal to star in Fox's House at $400,000 US per episode, or more than $9 million a year. IMDB.COM

Entertainment

Gwen earns W

Singer Gwen Stefani has landed a new job — designing the uniform for female staff at W hotels. The line will be unveiled this autumn. FEMALEFIRST.CO.UK

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Spears saves comeback for birthday

Spears

MUSIC Britney Spears is gearing up for another comeback attempt.

The pop singer's label said yesterday it would release her new album, Circus, Dec. 2, her 27th birthday.

The album marks the follow-up to 2007's Blackout, which was also billed as a comeback after a sustained period of personal and professional woes. It failed to return Spears to her commercial heyday. The latest comeback talk got a boost last week when Spears won three prizes at the MTV Video Music Awards. REUTERS

Standing In for Okkervil

Indie act hits the road with new album

BRYAN BORZYKOWSKI
for Metro Canada

If you thought bands live for the road, for visiting different cities every night and playing to new fans day in and day out, think again. Will Sheff, lead singer of Austin-based indie rock band Okkervil River, would rather be doing anything else.

"I'm not excited," he says, on the phone from Brooklyn. "I'm not looking forward to not sleeping in my own bed for two months straight. But I have no choice, it's my only source of income."

That might sound like jaded rock star-speak, but it's not — Sheff explains that he still loves playing shows and meeting new people. In fact, he's never enjoyed playing shows as much as he does now. "I used to hate playing; it made me nervous," he says. "But at a certain point, when I stopped caring what people thought of us, I started to love it."

It's a good thing that he can deal with the frustrating parts of touring, and that he's keen on playing live now, because after people hear the band's new album Okkervil River will be in high demand. The group's seventh disc is filled with rollicking folk pop tunes and incredibly infectious melodies. And, if it sounds similar to their 2007 release The Stage Names, that's because it's actually the second half of what was almost a double album.

When the group recorded The Stage Names, they ended up finishing way more songs than they needed. With the lyrics similarly themed it would have made sense for them to put out the two records at the same time. "I started to think about whether we wanted to do a double album, but after a while we decided to wait," Sheff reveals. "Really, I'm not that into double albums. I don't listen to them in one sitting; I may end up playing my favourite songs of those albums. So, in the end, we wanted to make an album people would listen to all at once."

Okkervil River's new album, The Stand Ins, was released last week.

Still, if someone wanted to hear the discs back to back they can. If you do listen to both, you'll quickly find out that while the albums' themes are connected, there are some glaring differences. "On parts of The Stage Names there's this whole attitude of the romantic life on tour that is very macho," says Sheff. "We were waiting until The Stand Ins to have a female point of view that undercuts a lot of that attitude."

Now that Okkervil River has tackled both sides of the story, what will happen next? "You can't come back and write the Stage Names part three," he says. "I think I've got to start from scratch."

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Little Britain sparks outrage in U.S.

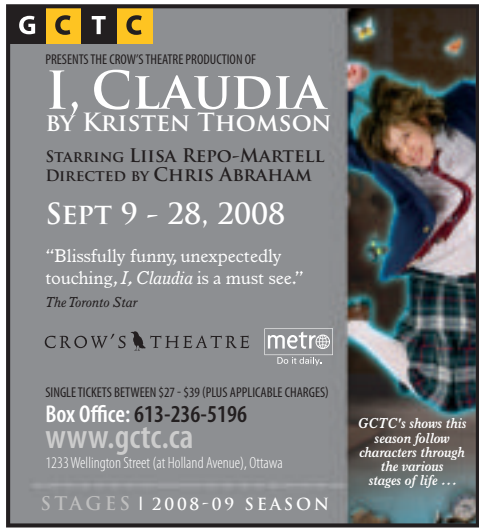
Walliams

TV British comedy series Little Britain USA has sparked outrage in America, with a gay rights group calling the program "offensive" and "obnoxious," imdb.com reports.

The sketch show, which stars David Walliams and Matt Lucas, is a spinoff based on the original U.K. series and reportedly features a series of lesbian and gay gags. The controversial content has angered officials at the West Hollywood Gay and Lesbian Alliance.

"This is the most politically incorrect, offensive and obnoxious material ever seen in this country," a spokesman says.

A representative for U.S. TV network HBO claims officials will be taking note of any complaints but insists that the series is about overcoming prejudices and leads the way in "edgy programming." METRO NEWS SERVICES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STAGES | 2008-09 SEASON
GCTC's shows this season follow characters through the various stages of life ...

Nip/Tuck stars seek pay raises

TV As production begins this week on the sixth and final season of FX's Nip/Tuck, representatives for the show's actors are deep in salary renegotiations for their clients.

Talks for stars Julian McMahon and Dylan Walsh and regulars Joely Richardson, Kelly Carlson and Roma Maffia have been ongoing for weeks.

Heading into production in summer 2007, McMahon and Walsh saw their pay upped to about $125,000 US an episode, with Richardson at about $100,000. This year, McMahon and Walsh reportedly are seeking to double their pay. REUTERS

Holding pattern
The Who front man Roger Daltrey, right, has said his planned biopic about the late drummer Keith Moon has stalled because he has yet to receive a good script. BBC NEWS ONLINE

Sick person's rights include dominating the remote

HineSight

Anne Hines

Ium vewy, vewy sick. I hab a tuffy nose and a tuffy head. I do not thig that anyone in the whole world has eber, eber been as sick as I am. Eber.

So, I'm offering: The Hinesight Guide to Getting The Most From Your Head Cold. When you get sick, people will suggest you take remedies made from things like herbs, leaves and mud scrapped off the underside of dead logs. Forget that. Go right for the big guns. The sick person's mantra: "Prescription drugs are our friends."

Of course drugs are serious business. There's a radio ad where a woman says she takes cold medicine so she doesn't have to miss work and stay home in her bathrobe, watching TV all day. Obviously, the drugs have deranged this woman's head. Any sane person would love spending a day like that.

Remember the sick person's bill of rights: You have the right to remain whiney. If you give up that right your family can, and will, require you to make dinner.

You have the right to the remote control. If someone challenges this, you have the right to say something like, "I'm happy to share. Let me just wipe off where I sneezed with this soiled Kleenex."

Finally, if you are sick more than three or four days, it is important to see a doctor. They'll be the only person still prepared to listen to you talk about it.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

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Rick McGinnis
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Female trouble: Last Sunday's episode of Mad Men was sponsored by Heineken, in case you didn't notice, though if you didn't, you were probably either asleep or the kind of person who tried to play your old cassette tapes on your iPod and keeps asking "Who's that supposed to be?" during Simpsons episodes.

This sort of product placement integration is going to get more common as broadcast television disappears, but Mad Men is probably a misleading test bed for media buyers to go by — while it's so much more elegant to be able to slip brands into a show set in an advertising agency than into, say, a sci-fi show, Mad Men limits its prospective clients to a select group who've been on the market in the United States for nearly 50 years.

FRANK OCKENFELS/AMC

Mad Men cast members, from left, Vincent Kartheiser, Christina Hendricks, John Slattery, Elisabeth Moss and Jon Hamm.

Everybody's heard of Heineken and Cadillac, of course — the two highest-profile beneficiaries of Mad Men's last two episodes — but I doubt if I'm alone in presuming that creator Matt Weiner and his writers had made up Utz Chips, the Sterling Cooper client shilled by Jimmy Barrett, the Jerry Lewis-esque comedian cuckolded by Jon Hamm's Don Draper.

It turns out that Utz has been around for nearly 90 years, a Pennsylvania-based snack food company known to anyone in the U.S. northeast. Now would be a good time for US Airways to revive Mohawk Airlines, the regional carrier unceremoniously dumped by Sterling Cooper earlier this season, if only to capitalize on all the free advertising.

Product placement aside, the show hasn't jumped a shark yet this season, and Sunday's episode shifted gears from cruise control to emotional meltdown; not coincidentally, it was the episode where the show's women finally got to take up their share of oxygen.

Mad Men's love of visual puns was in full effect; kicking off her episode-long breakdown now that the fact of Don's infidelity is finally sinking in, Betty Draper (January Jones) smashes a dining room chair while her children watch silently from the living room, and as she kneels down to pick up the pieces, a bottle of Pride furniture polish takes pride of place in the centre of the screen.

The shoe dropped for Christina Hendricks' Joan as well, as the statuesque redhead who seemed content to play queen bee of the secretarial pool realized that she actually liked her brief flurry of executive duties assisting Harry with his TV clients; her expression when told offhandedly that she'd been replaced by yet another affable but dimwitted fellow was accurately described as "heartbreaking" on the show's fan forums.

Rick McGinnis writes about music, movies, books and television, but not opera.

DVD picks

Where in the World is Osama bin Laden?

Director: Morgan Spurlock
Rating: PG

DOCUMENTARIAN Morgan Spurlock takes his gumshoe act on the road with Where in the World is Osama bin Laden?, a quest that's only partly in jest. He's after the leader of al Qaeda and mastermind of 9/11 — and Spurlock reasons he alone can prevail where legions of War-on-Terror troops have failed.

He travels through the Middle East and to Morocco, Pakistan, Afghanistan and Saudi Arabia to chat with average citizens and a few informed sources, asking if they know where bin Laden is hiding. Many people are so charmed and disarmed by Spurlock's bull-moose approach, they spill their thoughts on bin Laden. A few insights are gleaned. But the film does offer hope that millions of people in the Middle East simply yearn for peace.

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MoreOnline
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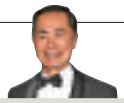
OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/16/08	265	353	2	TVO	Child Brilliant	Gorilla	The Agenda With Steve Paikin		Judah & Mohammad (N)		Chinese School (N)		Agenda-Paikin
primetime	211	331	3	GTV	ET Canada	Entertainment	House (N)		90210 "The Bubble" (N)		Big Brother 10		News (N)
	-	-	5	SRC	Virginie (SC)	La Facture	Providence (HDTV) (SC)		Roxy (SC)	Filantes	Le Téléjournal (SC)		La Zone
	209	342	6	CHRO	Robson Arms	TMZ (N)	To Be Announced		Fringe (HDTV) (N)		Eli Stone		News
	196	311	7	CTV	Hollywood	eTalk	Criminal Minds "Lo-Fi"		Without a Trace (HDTV)		Law & Order: SVU		News (N)
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors (DVS)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser: Families (Season Premiere) (N)				Law & Order: SVU		News (N)
	117	713	10	TVA	Km/h (SC)	Vidéos	Histoires-filles	Caméra café	La Promesse (HDTV) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	-	-	11	QS	Catherine (SC)	10 façons	*L'Informatrice* Tim Conlon, Joanna Going, Greg Evigan. Début.				Cent dix pour cent (SC)		Vie de couple
	137	763	12	TFO	Panorama été	Les Éclaireurs	Tournants	Histoires oub.	*Le Tartuffe* ★★ (1984, Drame) Gérard Depardieu.				Geographic
	-	362	13	CBS	Dr. Phil		NCIS "Judgment Day"		Big Brother 10		Without a Trace (HDTV)		Two/Half Men
	216	395	14	OMN2	Cold Case "Sabotage"		News (N)		News (N)		2Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		Biography "Matt Damon"		Privileged (HDTV) (N)		NY-Hollywood	Friends	News (N)
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	The Biggest Loser: Families (Season Premiere) (N)				Pam: On Loose	Sunset Tan (N)	News (N)
	-	361	20	ABC	News (N)	Entertainment	Wipeout (Season Finale) (N)			Primetime: UFOs... Seeing Is Believing			News (N)
	512	396	24	CPAC	La Période de questions		Heure polit.	À la une				Revue	Période-quest.
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	House (N)		Fringe (HDTV) (N)		News (N)		News
	-	-	64	PBS	Business Rpt.	Uncorked	Nova "Einstein's Big Idea" (HDTV) (DVS)				P.O.V. "Calavera Highway" (N)		
	205	312	104	CTV	Hollywood	eTalk	Criminal Minds "Lo-Fi"		Without a Trace (HDTV)		Law & Order: SVU		News (N)
news	502	390	26	NW	CBC News	Newman	The Hour Ryan Phillippe.		CBC News: The National		Let's All Hate Toronto		National
	500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	Darts World Premier League.				Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet Con.
	126	730	28	RDI	RDI en direct	Élections	Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	MLB Baseball Baltimore Orioles at Toronto Blue Jays. From Rogers Centre in Toronto.						SportsCentre (HDTV) (Live)		
	410	403	52	SCR	Cabby Unlimit	Stump-Schwab	World Series of Poker		Poker: Canadian Open		Score Tonight		Final Score
	411	457	56	OLN	Ed's Up	Videos	Survivorman		Angry Planet	Surf Patrol	Don't Forget Your Passport		Pilot Guides
	417	406	59	SC	Pinks (HDTV)	Pass Time	Unique Whips		Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks (HDTV)
family	554	544	48	TEL	George-Jungle	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	American Dad	Robot Chicken	Rick & Steve
	557	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Malcolm-Mid.	Home Improve.	Prank Patrol	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Prank Patrol	Mystery Hnt.
	570	580	29	MM	mmmtop	Where You At	Fabulous Life Of... (N)		Listed (Part 2 of 2)		Don't Forget the Lyrics!		Party of Five
	615	520	31	A&E	CSI: Miami "Whacked"		The First 48 (HDTV)		The First 48 (HDTV)		The Cleaner (HDTV) (N)		The Cleaner
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		*Star Wars VI: Return of the Jedi* ★★★ (1983, Science Fiction) Mark Hamill.				
	521	560	34	TLC	Incredible Medical Mysteries		Incredibly Small		Mystery Diagnosis (HDTV)		Dr. G: Medical Examiner		Incredibly Sm.
	145	761	35	TV5	Pékin express "Choyr"			Zanskar, la vallée des larmes		Living stones	Migrations		Journal TV5
	616	521	39	SHO	About a Girl	About a Girl	The Best Years (DVS)		Trailer Park	Trailer Park	The Shield "Snitch"		House
	620	523	40	BVO	Desperate Housewives		Live at the Rehearsal Hall		Sweet Soul Music		Celtic Roots	Steve Coffey	Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Smash Lab		After the Catch (N)		Daily Planet
	575	583	43	CMT	Canada Countdown		Top 20 Tearjerkers		Reba	Hope & Faith	Home Improve.	Home Improve.	Tearjerkers
	601	562	45	SLC	End of Leash	ET Canada	Newlywed	In Laws	Rich Bride, Poor Bride		Plastic-Perfect	Matchmaker	Newlywed
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Jon Dore Show	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	*Paycheck* ★★ (2003, Science Fiction) Ben Affleck, Aaron Eckhart.					Frasier	Seinfeld
	600	564	49	H&G	House Hunters	Property Virgin	Dirty Business	Outside	Colin & Justin's Home Heist		The Stagers	Green Force	Holmes-Homes
	627	528	50	SPC	Lost		Star Trek: Next Gener.		Battlestar Galactica		Rabbit Fall	The Circuit	Stargate SG-1
	581	566	53	MTV	Busted	After	Canada's Next Top Model		Making the Band 4		From G's to Gents (N)		MTV Live
	618	524	54	TROP	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld	King	Family Guy
	522	506	55	HIS	NCIS "Driven"		The Worst Jobs in History		Tony's Law Henry VIII.		NCIS "Driven"		Crime Stories
	129	773	60	CD	Biographies		Mayday (HDTV)		Images-chocs		Un tueur si proche (HDTV)		Leçon d'anat
	261	394	61	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		Circus of God		MythQuest
	602	567	62	W	Will & Grace	Friends	Coleen's Real Women		Style by Jury	Style by Jury	How to Look Good Naked (N)		Maxed Out
	269	350	70	APTN	Closer-Home	Great Towns	Wapos Bay	Rez Rides	Fish Out of	Mixed Blessing	First Nation	Rabbit Fall	Moccasin Flats
	621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	eTalk	eTalk Special	John Legend	The Tonight Show-Jay Leno		TMZ
cable variety	603	561	95	FN	Grill It-Flay	Licence to Grill	Restaurant Makeover		HEAT-McEwan	HEAT-McEwan	Top Chef "Puerto Rico"		Restaurant

critics' corner

Without a Trace
It's a five-for-one deal in this episode, as Jack (Anthony LaPaglia) and his team investigate the abduction of five people from a coffee shop. It turns out they had an odd connection beyond just having all been in the wrong place at the wrong time. Sam (Poppy Montgomery) gets ready for her baby's arrival. Enrique Murciano, Eric Close and Marianne Jean-Baptiste also star in "Satellites." 9 PM on 7 CTV

Judah & Mohammad
They don't live a long distance from each other, but the teenage subjects of this new documentary are worlds apart. The film follows the two boys — one Israeli, one Palestinian — over 18 months, following them into their respective schools to see how life in hostile territory informs their education and prepares them for a future nobody can predict. 9 PM on 2 TVO



Takei weds partner

Actor George Takei and his longtime partner, Brad Altman, were wed Sunday evening in a Buddhist ceremony in downtown Los Angeles. PEOPLE.COM

Celebrity Buzz

DeGeneres, de Rossi spar over baby

RELATIONSHIP Ellen DeGeneres and actress Portia de Rossi are arguing about whether to have a baby, female-first.co.uk reports. The couple, who married in an intimate ceremony last month, are said to be fighting about the prospect of starting a family.

Talk-show host Ellen is reportedly determined to become a mom but de Rossi is less keen because she would be the one carrying the child. "Ellen wants Portia to get pregnant, an idea they had both ruled out before the wedding," a source said.

"But Ellen has gotten all goofy over the baby issue. She has been in tears trying to get Portia to reconsider. Now the situation is very tense."

DeGeneres, 50, reportedly had the intention of changing 35-year-old Portia's mind following the wedding.

METRO NEWS SERVICES

Dion demands bodyguards

PEOPLE Singer Celine Dion blew into New York City with a security retinue that rivals anything the U.S. presidential candidates might have, tmz.com reports. The Times of South Africa reports Dion demanded 11 bodyguards be on stage at all times for her show at Madison Square Garden last night.

"At least eight" had to be on chairs able to swivel 30 degrees. She also needed to have a dentist on call at all times. Her rider ran 67 pages, said the paper, and when it comes to food, she had to have French cherries and Bavarian figs.

METRO NEWS SERVICES

Mendes' celebrity crush

PEOPLE Eva Mendes has confessed a secret crush on rock legend Mick Jagger, imdb.com reports.

The actress admits she fell to pieces when she ran into the Rolling Stone in a hotel elevator in France four years ago — and blew her chances of looking cool when they met again.

"I literally collapsed when he got out a floor later. He's delicious, he still looks really good," Mendes says.

As for their second meeting, "I thought: 'He's never going to remember me,' so I just say: 'Hi, I'm Eva, nice to meet you,' and he says: 'Oh, I think we met in Paris.' I screamed: 'Oh my God, you remember me?' The whole facade falls and I was a complete geek."

METRO NEWS SERVICES

Winehouse skips birthday

PEOPLE Amy Winehouse notched up another no-show on the weekend — but this time it was her own birthday party that she didn't attend, Ananova.com reports.

The singer's friends and family gathered at the Jazz After Dark in Soho, London, on Saturday night to celebrate the star's 25th birthday. But Winehouse stayed at home, refusing to leave her house in Camden because she reportedly thought she looked too ugly.

"Amy was standing in front of the mirror telling everyone how rough she looked," a friend told Britain's The Sun. "Unfortunately, her lifestyle has had a major effect on her appearance and it's only just started to sink in. She kept saying she was ugly and was in an awful state."

Winehouse's friend, Remi Nicole, who had helped organize the party, reportedly spent three hours trying to persuade Winehouse to leave.

The pair ended up having an argument and eventually Nicole gave up and went home.

Back at the Jazz After Dark, guests waited until midnight before deciding to start the party without Winehouse, and allowing the first band to take to the stage.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

No perfume deal for Mills

BUSINESS Heather Mills came close to launching her own fragrance but the deal was scrapped when her then-husband Sir Paul McCartney found out about the plans, imdb.com reports.

Mills' ex-publicist Michele Elyzabeth claims to have set up the agreement in 2005, while Mills was still married to the former Beatle.

And the contract would have seen the former glamour model create a perfume called Voice with U.S. fashion label Tommy Bahama.

The company reportedly requested that both stars featured in the advertisements and Mills is said to have given the company one of their wedding photos to use in the promos.

However, Elyzabeth claims she was forced to terminate the deal — after McCartney refused to let the idea go ahead.

"The company suggested using a photo of them both, Heather reckoned that would work and e-mailed them one of her wedding pictures. But when the ad came back (for approval) I got this phone call from Heather saying the project had to be scrapped immediately," she says. "Heather told me that when she showed Paul the adverts he hit the roof. She told me he shouted at her, 'Are you f–king mad?' Tommy Bahama weren't interested in Heather alone. The deal fell through because she wasn't a big enough star."

Mills and McCartney finalized their divorce earlier this year.

METRO NEWS SERVICES

Hudson, boyfriend to tie the knot

RELATIONSHIPS Singer/actress Jennifer Hudson and boyfriend, David Otunga, have gotten engaged, People.com reports.

"I can confirm that Jennifer got engaged to her boyfriend David on Friday night in L.A.," her rep says.

Otunga, who is known as "Punk" from the reality show I Love New York 2, popped the question with a Neil Lane diamond ring on the Oscar winner's 27th birthday.

The couple, who have been dating less than a year, both hail from Chicago.

METRO NEWS SERVICES

Lohan scuffles with photographer

PEOPLE Actress Lindsay Lohan reportedly scuffled with a photographer outside a New York hotel after accusing the snapper of tripping her, imdb.com reports.

Lohan is said to have fallen over a metal barricade as she entered the exclusive Bowery Hotel on Sunday night. She turned and allegedly punched one photographer on the nose, thinking he had deliberately caused her to lose her footing. The star was then reportedly heard talking to a friend on her cellphone, saying, "Oh my God! I just hit a paparazzi!"

Police are said to have been called, but no charges were filed.

METRO NEWS SERVICES

celebrity briefs

Mel B. reveals she wants another baby

PARENTING Former Spice Girl Mel B. has revealed she is planning on expanding her family, despite her disastrous experience having 17-month-old Angel Iris with actor Eddie Murphy, the Daily Mirror reports.

Talking in the new issue of New! magazine, Mel B. said she would like another child to add to her brood of Angel and Phoenix Chi, 9, from her marriage to dancer Jimmy Gulzar.

"Not right now … but in the future, we plan to have one … or two!" she said. "We" being her and husband Stephen Belafonte.

METRO NEWS SERVICES

New Yorkers are most stylish, Banks says

FASHION Ugly Betty star Becki Newton and singer John Legend are two of the most stylish New Yorkers of 2008, according to Us Weekly magazine.

The publication honoured the 25 best-dressed stars, all hailing from New York, at a ceremony in the city recently, hosted by Tyra Banks. The model-turned TV presenter insists that Manhattan really is the fashion capital of the world.

"You walk the streets of New York and people see you — you gotta look cute in New York, you have to be popping," she says.

"There's no excuse to not look right. If you catch me looking busted, I deserve the worst dressed list."

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Today
Partly cloudy
17° / 10°

Wednesday
40%
Showers
21° / 4°

Thursday
Sunny
13° / 1°

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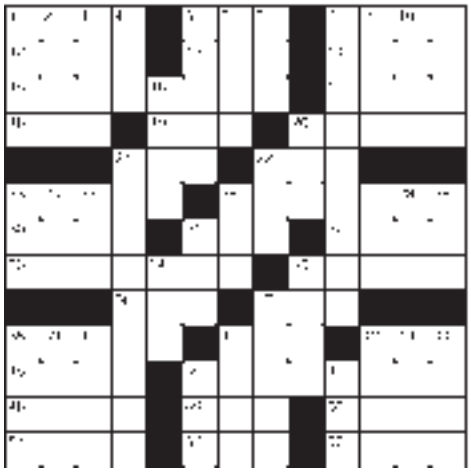

Crossword across

1 William H. of "Fargo"
5 Recipe meas.
8 Work at the keyboard
12 — vera
13 Hooter
14 Frost
15 Non-paying passenger
17 Baseball scores
18 Upper surface
19 With it
20 Elude
21 Automaton, for short
22 Depressed
23 Tote
26 Rhesus monkey
30 Curved molding
31 Pack quantity
32 Took off
33 Arizona tribe
35 Green gemstones
36 Barbie's pal
37 Rapture
38 Wanderer
41 Conger, e.g.
42 Collection
45 Swear 'tis true
46 Gilligan, for one
48 Antitoxins
49 Halloween abbr.
50 Actor Bogarde
51 Bohemian
52 Surprise cries
53 Look lasciviously

Crossword down

1 Sail support
2 Choir member
3 Hen pen
4 Evergreen
5 Namely
6 Trade
7 Thickness
8 Nonchalant
9 "— be surprised"
10 Throe
11 Gaelic
16 Pirate's greeting
20 Happy companion?
21 Secession
22 Remiss
23 Inmate
24 Khan title
25 Gun the engine
26 Wrong (Pref.)
27 Proof conclusion
28 French article
29 UFO crew?
31 Junior
34 Clampett patriarch
35 A bit of a shock
37 "He — at scars..."
38 Houston acronym
39 Finished
40 Comedian Sahl
41 Apiece
42 Hearty drink
43 "My Name Is —"
44 Youngster
46 Bill's partner
47 Rumpus

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

9		7		5		1	3	
	8	6						
			4					7
4		9	5					
2			9		8			6
					1	5		9
7					4			
						9	2	
	5	4		3		6		1

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

2	3	9	5	6	8	7	4	1
1	6	5	4	3	7	9	2	8
7	4	8	2	1	9	5	3	6
3	5	7	6	4	1	2	8	9
6	2	4	9	8	5	3	1	7
9	8	1	3	7	2	6	5	4
4	9	6	1	2	3	8	7	5
8	1	2	7	5	6	4	9	3
5	7	3	8	9	4	1	6	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day

COOK SMART FOR A HEALTHY HEART

Quinoa with Grilled Eggplant

Quinoa, a nutritious grain from South America, has a texture similar to split lentils when cooked. It contains more protein than any other grain and is also lower in carbohydrate content.

INGREDIENTS:
1 cup (250 mL) quinoa
3 or 4 sprigs fresh thyme
2 1/2 cups (625 mL) low-sodium vegetable broth
2 baby eggplants, cut lengthwise into quarters
1 red pepper, seeded and cut into chunks
1 red onion, cut into chunks
2 tsp (10 mL) olive oil
1 cup (250 mL) cherry tomatoes
2 garlic cloves, crushed
1 1/4 cups (300 mL) tomato juice
6 oz (175 g) light goat-cheese log with herbs, cut into 8 slices
Salt and pepper

METHOD:
1. Preheat the oven to 375°F (190°C). Put the quinoa in a sieve and rinse thoroughly under cold running water. Place in a saucepan with the thyme sprigs and broth, and bring to a boil. Cover and simmer gently until all the broth has been absorbed and the quinoa is tender, about 20 minutes.
2. Meanwhile, heat a ridged grill pan. Brush the eggplant, red pepper and onion pieces with the olive oil, then cook them on the grill pan (in batches if necessary) until softened and lightly charred, about 4 to 5 minutes. Transfer to a plate.
3. Put the whole tomatoes on the grill pan and cook until they are just beginning to burst their skins, about 2 minutes. Remove from the heat.
4. When the quinoa is cooked, place it in an ovenproof dish. Add the grilled vegetables, garlic and tomato juice, and season lightly with salt and pepper. Fold together gently.
5. Arrange the slices of goat cheese on top of the quinoa mixture. Cover with foil and bake until the vegetables are tender, about 35 minutes. Serve hot.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Your reputation is on the line. A lack of devotion causes a bad scene. Keep it to yourself if you're unsure about a false impression.

TAURUS
APRIL 21-MAY 21
Talking about dishonesty causes an anxiety attack. Take care when visiting your place of origin. Comparing performances won't improve a situation.

GEMINI
MAY 22-JUNE 21
An angry worker needs a lucky break. Take the chance to be true to your word. An expert warns about a sad state of affairs.

CANCER
JUNE 22-JULY 22
Speak softly when a friend calls for help. Alarm bells tell of an abrupt shift taking place. A woman needs more instruction.

LEO
JULY 23-AUG 23
A creative pleasure will be an inspiration. A long-lost person has gone for a walk. Putting things in order takes longer than usual.

VIRGO
AUG 24-SEPT 22
Be careful of your words with a twitchy woman. Don't arrive punctually at a farcical event. An urgent issue will be resolved soon.

LIBRA
SEPT 23-OCT 23
An agreement will create chaos. Someone will finally see the light. A last minute change makes a guy happy.

SCORPIO
OCT 24-NOV 22
Frustration leads to a confrontation. Goals will be achieved before an unscheduled event. Patch things up around your home.

SAGITTARIUS
NOV 23-DEC 21
A precious person wants to talk with you. A moving message disturbs a rocky romance. Trust an ordinary person with secrets and lies.

CAPRICORN
DEC 22-JAN 20
Take a walk to calm your nerves. Empower yourself by giving a pep talk. An emotional storm threatens a family member.

AQUARIUS
JAN 21-FEB 18
A move should be made without delay. Escaping from a weird dilemma is only rational. Don't give orders to a tyrant.

PISCES
FEB 19-MARCH 20
A dramatic person has a flash of genius. Show support by stepping into somebody's shoes. Laugh at people who steer clear of the truth.

IT'S ALL ABOUT THE BUZZ.
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WORDY GURDY

This day in history

SEPT. 16, 1795: United Kingdom conquers Cape Town, South Africa.
SEPT. 16, 1812: Russians set fire to Moscow shortly after midnight — the city is burned completely down days later.
SEPT. 16, 1887: The first game of softball was played in Chicago, Illinois.
SEPT. 16, 1908: General Motors is founded.
SEPT. 16, 1966: The Metropolitan Opera House opens at Lincoln Center in New York City to the world premiere of Samuel Barber's opera, Antony and Cleopatra.
SEPT. 16, 1987: The Montreal Protocol is signed to protect the ozone layer from depletion.

METRO NEWS SERVICES

CLINIQUE BONUS

What price is beauty?
For the next 2 weeks, just $26.50

ONLY AT THE BAY

Clinique. Allergy tested. 100% fragrance free.
*Quantities are limited. One Bonus to a client please, per event. While supplies last.
Offer ends September 27, 2008.

Hurry in and discover CLINIQUE'S cherished favourites in your exclusive Bonus.

Yours free* with any CLINIQUE purchase of $26.50 or more. A $60 value.

Great time to try Even Better™ Skin Tone Corrector
This lightweight serum creates - for all skin tones - a notably more even complexion with a brightness you thought long gone. Gently, visibly, measurably improves the look of discolourations and dark spots to create a more even tone. 30 mL. **$53**

SPECIAL BONUS

With every **Clinique** gift with purchase receive a coupon for **$15*** off in the women's intimates department! *$15 off any purchase of $75 or more (before taxes). Coupon valid September 9th to 30th, 2008. One coupon per customer. While quantities last.

BEAUTY *at the Bay*